



# JULIE MARIE MUSKAT

## FITNESS PHILOSOPHY

After being diagnosed with a permanent and career threatening back injury, Pilates became my physical therapy, lifesaver, and passion. I firmly believe that mind-body exercise is useful for any age or occupation, and I enjoy helping my clients connect with and strengthen their own bodily knowledge to cultivate healthy, happy, and whole selves.

## TRAINING SPECIALTIES

- Pilates and mind-body exercise
- Personal training and resistance training
- Occupational training and therapy and sports training

## MEMBER COMMENTS

“As a Pilates instructor who has taken many classes from Julie, I know her to have a profound understanding of the discipline developed by Joseph Pilates a century ago. This depth of knowledge is important to developing strength and balance, improving concentration, and learning new ways of movement for clients of all ages and capacities. Julie combines technical expertise with a careful, challenging, confidence-inspiring method and a caring spirit.”

“Julie’s classes are challenging, flowing, and varied, progressing in accordance with the needs and interests of her clients. Each workout provides the information and guidance to master the skills of coordination, strength, endurance, balance, and integration, and the opportunity to try new challenges every time.”

## FUN FACT

Julie also dances and plays violin professionally!